

Mango Smoothie by Lynn's Recipes



A delicious smoothie for breakfast or any time of the day. Easy to make and very healthy.

Ingredients:

- 1 cup chopped ripe mango
- ½ cup low fat milk
- ½ cup ice
- ¼ cup plain low fat yogurt
- 1 Tablespoon honey

Place all ingredients in a blender. Blend until smooth & frothy.

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